



It is to be noted that pumping chamber 5 can be located near the mid sole region or the toe region of the footwear.

A first air inflow check valve 8 is connected to the back portion of pumping chamber 4 at one end and to first inlet air conduit 10 at the other end. First inlet air conduit 10 has an elongated circular configuration and extends from first air inflow check valve 8 up the upper back side 11 of shoe 2 ending with air intake opening 12. First air inflow check valve 8 allows air to flow into pumping chamber 4, but prevents air from flowing out there from. It should be noted that all of the air conduits herein have elongated circular configurations and are hollow to promote the flow of air there through.

A second air outflow check valve 14 is located near the front region of pumping chamber 4 and connects to second air conduit 16 which is centrally located in shoe 2 and extends from the pumping chamber 4 region to the toe region 9 of shoe 2. Second air conduit 16 has an elongated, circular configuration. Second outflow check valve 14 allows air to flow from pumping chamber 4 but prevents it from back into said pumping chamber 4.

A third air conduit 18 intersects second air conduit 16 at an angle of from 45 to 135 degrees, preferably from 45 to 120 degrees near the mid section region 32 of shoe 2. Third air conduit 18 contains a plurality of air holes 20A and 20B, which are representative of said air holes. A desirable number of air holes [6A to 6B] 20A and 20B is from 2 to 8, preferable from 2 to 4 in third air conduit 18. It is to be noted that the size of air holes 6A and 6B can be adjusted to have a diameter of form 1MM to 4MM, preferably from 2MM to 3MM. This allows for